

Current FITNESS MEMBERSHIP is required for all instructed fitness classes

\$25/month (30 days) * \$145/six- consecutive months* \$275/one-year*

**Pro-rating/refunds are not available*

The City of Las Vegas accepts Senior Dimensions which will pay for your fitness

Monday	Tuesday	Wednesday	Thursday	Friday
AM Yoga 9-10:30 a.m. Multi-Purpose Room N (Natasha)	Sit 'N Fit 9-10 a.m. Active Adult Center Classroom 1 (Linda)	Indoor Volleyball 9:30-11 a.m. (Fitness Membership is not needed for this class)	AM Yoga 9-10:30 a.m. Multi-Purpose Room N (Natasha)	Sit 'N Fit 8-9 a.m. Multi-Purpose Room N (Linda/Kate)
Belly Dance 10:30-11:30 a.m. Active Adult Center Room 1 (Jeanne)	Line Dance 9:30-11 a.m. CLV Community Resource Room (Mike)	Yoga 10-11:15 a.m. Studio 1 (Natasha)	Indoor Walking On Your Own 10:30-11:30 a.m. Gym (Fitness Membership is not needed for this class)	Water Aerobics 8:30-9:30 a.m. Lap Pool (Brenda/Edith)
Weight Room Basics Noon-1 p.m. Meet at CHAAC front desk (Natasha)				
Zumba Gold® 11:40-12:40 p.m. Studio 2 (Laura)	Indoor Walking On your Own 10:30-11:30 a.m. Gym (Fitness Membership is not needed for this class)	Water Aerobics 12:30-1:30 p.m. Lap Pool (Brenda/Edith)	Tai Chi Gong 12:30-1:30 p.m. Studio 2 (Natasha)	Arthritis Aerobics 9:30-10:30 a.m. Therapy Pool (Brenda/Edith)
Water Aerobics 12:30-1:30 p.m. Lap Pool (Brenda/Edith)		Dynamic Fitness Cardio 1:30-2:30 p.m. Studio 2 (Linda)	Zumba Gold® 12:30-1:30 p.m. Multi-Purpose Room (Laura)	Belly Dancing 10:30-11:30 a.m. Multi-Purpose Room S (Jeanne)
Tai Chi Gong Fan 1-1:30 p.m. YMCA Studio 2 (Natasha)	Boomer-Ballet 12:15-1:30 p.m. Studio 2 (Heather)	Arthritis Aerobics 1:30-2:30 p.m. Therapy Pool (Brenda/Edith)	Cardio Dance 1:30-2:30 p.m. Studio 2 (Natasha)	Dynamic Fitness Cardio Noon-1 p.m. Studio 2 (Linda)
Arthritis Aerobics 1:30-2:30 p.m. Therapy Pool (Brenda/Edith)	Cardio Dance 1:30-2:30 p.m. Studio 2 (Natasha)	Dynamic Fitness Power Hour 2:30-3:30 p.m. Studio 2 (Linda)	Line Dance 2-4 p.m. Multi-Purpose Room (Mike)	Dynamic Fitness Power Hour 1-2 p.m. Studio 2 (Linda)
Tai Chi Gong 1:30-2:30 p.m. YMCA Studio 2 (Natasha)	Yoga 2:30-3:30 p.m. Studio 2 (Natasha)	NEW! Flex & Stretch 3:45 – 4:45 p.m. Multi-Purpose Room (Heather) Begins 2/1/17	Yogalates 2:30-3:30 p.m. Studio 2 (Natasha)	Pickleball 2-5 p.m. Gym (Fitness Membership is not needed for this class)
Stretching and Relaxation 2:30-3pm YMCA Studio 2 (Natasha)			Weight Room Basics 3:30-4:30 p.m. Meet at CHAAC front desk (Natasha)	

City of Las Vegas Department of Parks and Recreation



City of Las Vegas Department of Parks and Recreation
CENTENNIAL HILLS ACTIVE ADULT CENTER 50+

6601 N. Buffalo Dr. Monday-Friday, 7 a.m. – 6 p.m. (702) 229-1702

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- Arthritis Aerobics** - A “zero-impact” workout for individuals with arthritis to help sustain and/or improve muscle and joint mobility. **(Beg. level)**
- Belly Dancing** – Learn to control your body with grace and style. It is not only fun to do, but good exercise too! **(Beg. level)**
- Boomer-Ballet** – This class will focus on posture, balance, flexibility and self-confidence. **(Beg./Int. level)**
- Cardio Dance** – This class includes cardio dance that incorporates movements from yoga, martial arts, and modern dance that will increase strength and grace. **(Int. level)**
- Dynamic Fitness; Cardio** – This fun, motivating and upbeat class will provide a great cardio workout. **(Int. level)**
- Dynamic Fitness; Power Hour** – Maintain a balanced fitness with strength building and flexibility exercises. Stay strong with this enjoyable class. **(Beg./Int. level)**
- NEW! Flex & Stretch** – Help maintain range of motion and elasticity in your joints. **(Beg. Level)**
- Indoor Walking** – Walk in a safe and climate controlled environment.
- Line Dance** - Learn traditional line dances to a variety of music including country, modern and pop. **(Beg./Int. level)**
- Pickleball** – This is a racquet sport that combines elements of badminton, tennis, and table tennis.
- Sit ‘N Fit** – This chair class is designed for people of all abilities to exercise in a convenient way to stay fit, maintain balance, strength and flexibility. **(Beg. level)**
- Stretching and Relaxation** – You’ll focus on conscious breathing and meditation; leave this class feeling refreshed, calm and completely relaxed. **(Beg. level)**
- Tai Chi Gong** - Chi Gong improves blood and energy circulation, detoxifies the body and promotes balance, coordination and flexibility. **(Beg. level)**
- Tai Chi Gong Fan** – This class is a deeper exploration of different ancient forms of Chi Gong and Tai Chi including the Tai Chi Fan. **(Int. level)**
- Water Aerobics** - Refresh and energize your body with this low impact water workout. **(Beg. level)**
- Weight Room Basics** –This class is not a personal training session, it will show you how to safely and properly use the equipment. ***Please bring your own workout towel.***
- Yoga** – Strengthen joints, relax your body and calm your nerves. ***An exercise mat is required for this class.*** **(Beg. level)**
- Yogalates** – This is a mat based yoga and Pilate’s fusion class to optimize core strength, endurance and flexibility **(Beg./Int. level)**
- Zumba Gold®** – Learn easy to follow Zumba® choreography that focuses on balance, range of motion and coordination. **(Int. level)**

FITNESS ON YOUR OWN

With your annual \$10 membership you can enjoy a state-of-the art fitness center/pool; ride the stationary bike, treadmill or elliptical; use the free weights; or take a dip in the pool.

Please wear proper fitness attire, provide your own towel and bring water

	Monday	Tuesday	Wednesday	Thursday	Friday
Weight/Cardio Room	7:30-9:30 a.m. 12:30-2:30 p.m. 4-5:45 p.m.	7:30-9:30 a.m. 12:30-2:30 p.m.	7:30-9:30 a.m. 12:30-2:30 p.m. 4-5:45 p.m.	7:30-9:30 a.m. 12:30-2:30 p.m.	7:30-9:30 a.m. 12:30-2:30 p.m. 4-5:45 p.m.
Lap Swim	8 a.m. - 3 p.m.	8 a.m. - 3 p.m.	8 a.m. - 3 p.m.	8 a.m. - 3 p.m.	8 a.m. - 3 p.m.

City of Las Vegas Active Adult members must stay within the time frames provided above UNLESS you also have a current YMCA membership.